

Parent/Child

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 12.

M-Th, 2:30-3 p.m., 6/21-7/1 - Y401

Tu/Th, 5-5:30 p.m., 6/22-7/15 - Y402

Tu/Th, 4-4:30 p.m., 8/24-9/16 - Y403

Ages 6 months to 3 years

\$40 for 8 sessions

Starfish

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 4.

Tu/Th, 6:30-7 p.m., 6/22-7/15 - Y404

M-Th, 1:30-2 p.m., 7/12-7/22 - Y405

Tu/Th, 5:10-5:40 p.m., 8/24-9/16 - Y406

3 year olds

\$40 for 8 sessions

Youth Swim Lessons

All lesson skills are taught in a number of age-appropriate ways which include drills, games, songs, and other activities. Please communicate with your child's instructor about any special goals or concerns you have, but please also respect pool rules and regulations.

Your child will learn at his or her own pace, and some children will need more practice in a level than others. Please call for more information regarding the right swim lesson level for your child. The Delta/Waverly Youth Instructional Swim Program offers swimmers a lower student-to-teacher ratio than most other local swim programs do.

Registration and Payment

Registration begins **May 26, 2004** by calling 484-5600. Payment must accompany your registration. The minimum number of students required to run a class is one half of the listed class limit.

Guppy

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 4.

M-Th, 1:30-2 p.m., 6/21-7/1 - Y407

M-Th, 2:30-3 p.m., 7/12-7/22 - Y408

Tu/Th, 5:30-6 p.m., 6/22-7/15 - Y409

Tu/Th, 6-6:30 p.m., 6/22-7/15 - Y410

Tu/Th, 4:35-5:05 p.m., 8/24-9/16 - Y411

Tu/Th, 5:45-6:15 p.m., 8/24-9/16 - Y412

4 year olds

\$40 for 8 sessions

Level 1

Course content includes independent entry and exit into pool, learning basic water and safety rules, face submersion, bobs, supported front and back flutter kicks, introduce alternate arm action, and jumping into the pool. Limit 8.

M-Th, 1:30-2 p.m., 6/21-7/1 - Y413

M-Th, 1:30-2 p.m., 7/12-7/22 - Y414

Tu/Th, 4-4:30 p.m., 6/22-7/15 - Y415

Tu/Th, 6-6:30 p.m., 6/22-7/15 - Y416

Tu/Th, 4-4:30 p.m., 8/24-9/16 - Y417

Tu/Th, 5:10-5:40 p.m., 8/24-9/16 - Y418

5 year olds

\$40 for 8 sessions

Level 2

Course content builds on Level 1 skills and introduces underwater holding of breath and retrieval of objects from bottom, as well as fundamental strokes like front and back crawl, and jumping from side of pool into deeper water. Limit 8.

M-Th, 2-2:30 p.m., 6/21-7/1 - Y419

M-Th, 2-2:30 p.m., 7/12-7/22 - Y420

Tu/Th, 4:30-5 p.m., 6/22-7/15 - Y421

Tu/Th, 6:30-7 p.m., 6/22-7/15 - Y422

Tu/Th, 4:35-5:05 p.m., 8/24-9/16 - Y423

Tu/Th, 5:45-6:15 p.m., 8/24-9/16 - Y424

Ages 5 and over

\$40 for 8 sessions

Level 3

Expands on Level 2 skills and increases competency with swimming skills, rhythmic breathing, and breathing while kicking with kick boards; introduces sculling, treading water, and superman gliding. Limit 8.

M-Th, 2-2:45 p.m., 6/21-7/1 - Y425

Tu/Th, 4:45-5:30 p.m., 6/22-7/15 - Y426

Tu/Th, 4:50-5:35 p.m., 8/24-9/16 - Y427

Ages 5 and over

\$50 for 8 sessions

Level 4

Develops confidence and competency in familiar strokes; introduces the breast and the side stroke as well as standing front dives; learn turns at the wall and become familiar with rescue breathing and CPR. Limit 8.

M-Th, 2-2:45 p.m., 7/12-7/22 - Y428

Tu/Th, 5:40-6:25 p.m., 8/24-9/16 - Y429

Ages 5 and over

\$50 for 8 sessions

Level 5/6

Continues refinement of front crawl, back crawl, breast and side stroking as well as elementary backstroke; introduces butterfly stroke and stride jump entries; surface and long shallow dives are also part of this course (when registering, please indicate whether student is to be placed in Level 5 or Level 6). Limit 8.

Tu/Th, 4-4:45 p.m., 6/22-7/15 - Y430

Tu/Th, 4-4:45 p.m., 8/24-9/16 - Y431

Ages 5 and over

\$50 for 8 sessions

Adult Learn to Swim

Course content designed just for adults. Includes supported front and back flutter kicks, alternate arm action, and fundamental strokes such as the front and back crawl. Limit 6.

Tu, 5:30-6 p.m., 6/22-7/27 - A401

Ages 18+

\$60 for 7 sessions

NEW!